



## Gold Medal Schools: Platinum Medal Focus Areas – Diabetes

### Five areas of diabetes focus

Must complete Focus #1 and one other focus from the following criteria. The emphasis of each focus comes down to encouraging and modeling, increased physical activity, and wise nutritional habits.

1. Policy for management of diabetes in the school
  - a. Write a policy that allows for individualized accommodations for diabetes management at school
    - i. Allows for easy access of snacks between meals for control of blood sugar levels
    - ii. Allows privacy for insulin injection and blood sugar testing (if desired by the individual)
    - iii. Includes instruction for teachers and staff regarding basic care and monitoring, as well as emergency care for those with diabetes in the school setting
    - iv. Communicate policy to appropriate staff, parents, and students
    - v. Insure that each child has an individual care plan on file written and approved by the school nurse, the child's parent, or the child's health care provider. Care plan must be updated annually or when a change in care occurs
2. Environmental change
  - a. Provide easy access to healthy food choices and information
    - i. Educate students on how to read the nutrition fact labels and apply information for healthy nutrition
    - ii. Educate students on real "serving sizes" and challenge them to apply information for healthy nutrition
    - iii. Develop a school community atmosphere that encourages healthy eating; encourage parent input and participation
    - iv. Work with vendors (meal and vending machine) to ensure that healthy choices are well represented
    - v. Post meal menus with nutritional facts where students have an opportunity to review their choices
    - vi. Challenge teachers to encourage healthy snacks for parties
    - vii. Encourage as much family participation as practical
3. Awareness campaign
  - a. Increase the awareness of diabetes, diabetes risk factors, the relationship between obesity and development of type 2 diabetes, and prevention of diabetes and it's complications
    - i. Educate students, parents, faculty and staff regarding diabetes, diabetes risk factors, the relationship between obesity and development of type 2 diabetes, and prevention of type 2 diabetes and it's complications
      1. Describe diabetes severity and who is susceptible
        - a. Focus on the importance of prevention through healthy nutrition and physical activity
      2. Discussions should be held in the classroom or P.E. setting where student participation can be encouraged
    - ii. Provide materials (in multiple languages) about type 2 diabetes prevention and cardinal signs and symptoms of diabetes
      1. Announcements, newsletters, pamphlets, articles, etc.
      2. Emphasize topics such as; good nutrition, increased physical activity, and healthy weight as they relate to the prevention and management of diabetes

**Gold Medal Schools: Platinum Medal Focus Areas – Diabetes (cont.)**

4. Professional growth / Education opportunity
  - a. Arrange for education sessions regarding diabetes for school personnel by competent diabetes educators
    - i. Have a Certified Diabetes Educator or school nurse present diabetes education sessions
      1. Sessions should include; “What is diabetes?”, diabetes risk factors, reduction of risk factors, signs and symptoms of hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar), the importance of immediate intervention, Glucagon legislation, and the delegation of insulin administration at school
      2. School personnel should be able to recognize signs and understand the child’s description of symptoms of hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) and proper interventions helping actions) for a student or faculty/staff member who is showing signs or complains of symptoms
      3. Invite parents /guardians to sessions. This gives them an opportunity to state what they would like to see from teachers, staff and the child’s peers (in their class) as to what would be helpful for successful diabetes management for their child. Information from a parent’s view can be very powerful as people hear from someone who has been there
5. Diabetes and obesity prevention project
  - a. Complete a project directly related to diabetes and obesity prevention
    - i. A school-wide project approved by the UDOH Diabetes Prevention and Control Program (list of suggested projects available)
    - ii. Include measurable outcomes as part of the project objectives